



WHAT IS NINLARO® IXAZOMIB ?

- Cancer drug used in the treatment of some types of blood cancers.
- Prescribed and renewed by your doctor specialized in hematology, oncology or cancerology.
- Available in city pharmacies on presentation of your prescription.





Capsules bearing “Takeda” at the top and “dosage” (measuring) at the bottom.
Light pink dosed at **2.3 mg**, light grey dosed at **3 mg**, or light orange dosed at **4 mg**.



- Store it at a temperature not over 30°C, out of sight and reach of children.
- Do not get the capsules out of their packaging to keep them in a pill-box.
- Wash your hands carefully before and after each handling of the capsules.
- Do not throw away the opened boxes, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE ?

When?	Day :	1 take <u>per week</u> during 3 weeks, then pause for one week (that is on days 1, 8, 15 of each cycle of 28 days);																																	
h.....	at a fixed hour away from meals (at least 1 hour before or 2 hours after a meal)																																	
		Week 1							Week 2							Week 3							Week 4												
	D1	D2 at J7						D8	D9 at D14						D15	D16 at D28																			
	✓	x	x	x	x	x	x	✓	x	x	x	x	x	x	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
How ?		Swallow the capsules whole, with water, every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the capsules. 																																	

You can help yourself with **your tracking book* and a calendar** to spot the takes. Never stop or change the rhythm of administration of your treatment without your doctor’s advice.

** This file is not a prescription ; refer to your latest prescription..

WHAT TO DO IN CASE OF MISSING OR VOMITING?

- **In case of missing**, take the missed dose as soon as possible, **only if** the next take is planned over 3 days or 72 hours later, otherwise do not take the missed dose and wait until the following week for the next dose. Do not forget to note it in your tracking book.
- **In case of vomiting** after a take, do not take another dose. Take the next dose on the day planned the following week, without doubling it. Do not forget to note it in your tracking book.

INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD

Check with your **doctor and pharmacist** that the medicines (with or without prescription) and/or other substances (food and plants, among which **St John’s Wort**, probiotics, essential oils, food supplements...) and other by-products that you are taking are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and affect its efficiency and the occurrence of side effects.









- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up to 3 months after the last take**.
- In case of breast-feeding : discontinue during treatment.

*Tracking book available on the sites www.omeditbretagne.fr or www.omedit-paysdelaloire.fr


WHAT SIDE EFFECTS MAY OCCUR WITH NINLARO® IXAZOMIB ?

Like all medicines, ixazomib may bring about side effects, although you may not experience any.

Side effects	Prevention
 <p>Digestive effects : constipation or diarrhea, abdominal pains, nausea, vomiting, loss of appetite</p>	<p>Watch over your weight and remember to hydrate well (1,5/2l. water/day). In case of constipation, favor food that is high in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit) and take regular physical exercise. In case of diarrhea, favor food that is low in fibers (starchy food, carrots, bananas...). Avoid food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). In case of nausea/vomiting, make several small light meals during the day and eat slowly. Avoid greasy, fried and spicy food, as well as those whose smell may trigger nausea. Avoid staying on an empty stomach as this increases nausea. Rather drink between meals. Take the antiemetic medicines you have been prescribed, if needed.</p>
 <p>Signs of infection : fever, chills, cough, sore throat, urinary burning</p>	<p>Limit contacts with people with an infection. Wash your hands regularly. Disinfect any injury. Contact your doctor in case of a temperature >38°C, cough, short or painful breath, pain when urinating/ smelly urines, pain or oozing around the central catheter, the parenteral feeding tube, or the urinary catheter.</p>
 <p>Swelling of the face and limbs</p>	<p>Keep eating low-salted food. Avoid wearing tight clothes. In case of swelling of the legs, raise your feet when sitting. Wear support stockings and put them on rested legs when rising from bed. Watch over your weight regularly. In case of such swelling, contact your doctor.</p>
 <p>Skin eruption</p>	<p>Use a gel or a hypoallergenic soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12 and 4 pm. Wear protecting clothes, even under a parasol (UVA reflection) . Use a sun screen > 50, to be applied 30 minutes before exposure and renewed every 2 hours.</p>
 <p>Pains in the hands and feet, tingling, loss of sensitiveness</p>	<p>Care for any cut or injury (blister). Do not use hot water (check the temperature with your elbow) ; protect yourself from the cold. You may reduce the pain by taking regular exercise (walking 3 times/week) and relaxation exercise (sophrology, tai-chi, yoga). Anticipate any risk of falling (bad light, object on the ground) ; use rails, banisters or even a stick if necessary. Have a healthy and well-balanced feeding. Contact your doctor.</p>
 <p>Decrease in white blood cells and platelets</p>	<p>Decrease in white blood cells : contact your doctor in case of a temperature > 38°C, shivers, sweats, cough, short or painful breathing, diarrhea with fever, or any sign of infection. Decrease in platelets : contact your doctor in case of an outbreak of small red dots on the skin, bruises, nose bleedings, small eye or gum hemorages, blood in urine or motion.</p>

Only some of the most frequent side effects mentioned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice.

You can also ask your question ask your question to [center for side effects monitoring](#) or notify any side effect on the following site : signalement-sante-gouv-fr

 In all cases, remember to make the biological tests prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE EFFECT(S) ?

- Take the medication prescribed for side effects in accordance with the doses
- Respect measures of prevention.

Promptly contact your doctor in case of :

- signs of infection (fever, cough, shivers...)
- unusual bleedings
- swelling of legs and feet, fats and unexpected increase of weight
- skin eruption, itchy
- sight trouble
- any persisting or worsening side effect.



Useful contacts :

Remarks :
